



Living Loving Being

Inner Landscapes July 2020

Week 1

- ~ Intro Setting Intentions
- ~ Group Session in Person 3 Hours
- ~ In Person Experiential
- ~ Intentions, cacao ceremony
- ~ Calling in allies & creative expression

Home practice: Altar Building, Written Prayer

Week 2 & 3

- ~ Microsessions- Starting protocols
- ~ One-on-one with Alexa
- ~ Group Call

Home Practice: Sitting in Stillness assignment

Week 4 & 5

- ~ Integrations
- ~ One-on-One with Alexa
- ~ In Person 3 Hours- Eco-expressive Arts
- ~ Nature integration: Group Mandala
- ~ Dyad Practice

Home Practice: Being in childlike wonder assignment

Week 6 & 7

- ~ Microsessions
- ~ Group Call- Devotion Practices
- ~ One-on-One with partner Reflections
- ~ Building off original intention for final group sit

Week 8

- ~ Final Prep Call Group

Home Practice: Devotion offering: Singing song, making grain offering, dancing for the energies.

Week 9

- ~ Closing Retreat & Ceremony

Investment \$1,111
(Paypal, Venmo, Check, Cash)
Payment Plan Available

Three payments:
\$300 Registration deposit due by June 15
\$405.50 Second installment July 15
\$405.50 Third installment August 15

All Inner Landscapes Clients receive 20% off
Kambo Ceremony

About your facilitators:

Alexa and Luke serve the community through offering medicine ceremonies that bring awareness and gratitude back to the Earth. Luke is an IAKP Kambo practitioner and ceremonial musician that has been initiated into the Nga Mi Son lineage of Mahayana Buddhism, a philosophy rooted in service and loving-kindness. Alexa provides psycho-spiritual inquiry practices through her training in Cacao ceremony facilitation, yin yoga and Masters degree in Transpersonal holistic psychotherapy. Their passion is to explore conscious relationship through ritual, animism and play.

